

## **Feasibility study for a randomised controlled trial of intensive group music therapy for acute adult psychiatric inpatients (F-IGMT WP4)**

### **End of study Summary**

This study aimed to assess the feasibility and acceptability of a randomised controlled trial of intensive group music therapy in acute psychiatric inpatient services. The study assessed two different potential recruitment and randomisation methods:

1. Recruiting patients individually and randomising them to an off ward music therapy group or to treatment as usual (recruitment aim = 30 participants)
2. Simulating a cluster randomised controlled trial design, where one ward received music therapy, and another did not, and inviting patients on both wards to participate in the research (recruitment aim = 18 participants)

Additional qualitative interviews were conducted with the music therapists providing the intervention and ward members of staff (recruitment aim = up to 10 interviews).

#### **Preliminary Findings:**

A total of 26 participants were recruited for method 1 and 4 participants for method 2. There was sufficient data to meet all study objectives.

A significant barrier to recruitment was the local requirement to obtain permission to approach patients from the responsible clinician, which meant substantial delays in being able to recruit participants, when managing short periods of inpatient stays. Despite this barrier, the method of individually randomising patients to an off-ward group is feasible, but may not accurately enable participants to access group music therapy in a comparable way to that of its provision in usual hospital care. The final write-up of the study was delayed due to commencement of a multi-centre randomised controlled trial and its management during the Covid19 pandemic. The study is now being written up and will be submitted for publication this year.